



Quit to Win



Welcome to the premier issue of the Health Promotion Tobacco Cessation Newsletter!

The Health Promotion Program supports empirically based strategies and interventions to guide tobacco prevention and treatment programming. The principles include-

- Addressing tobacco risk and protective factors
- Using best practice approaches
- Tailoring treatment to the individual
- Providing state of the art interventions and a variety and continuum of services
- Effectively developing and managing comprehensive tobacco intervention and system programs
- Collecting data on the efficacy and effectiveness of program components and interventions
- Promoting education, training and supervision of tobacco preventionists and interventionists

Training Opportunities

- American Society of Addiction Medicine 13th National Conference on Tobacco Dependence September 13-16, 2001 Atlanta, GA. <http://www.wasam.org>
- Mayo Clinic Nicotine Dependence Seminar: Counselor Training & Program Development October 14-17, 2001 Rochester, MN. <http://www.mayo.edu>



Quit smoking on line! Consider a referral to these programs!

The American Lung Association has put the Freedom From Smoking Program on the web! <http://www.americanlung.org>

The University of California San Francisco has a program to help smokers quit at <http://stopsmoking.ucsf.edu/>

The Oregon Research Institute offers the Quit Smoking Net at <http://qsn.ori.org/new/home.cfm>

Articles worth reading and passing on to Medical Staff

1. Brief Intervention Counseling for Tobacco Cessation Strategies for Health Care Providers <http://www.sweducationcenter.org>
2. Drug Therapy to aid in smoking cessation. http://www.postgradmed.com/Issues/1998/12_98/dale.htm
3. Hatsukami, D.K. et al (2000). Treatment of spit tobacco users with transdermal nicotine system and mint snuff. *Journal of Consulting and Clinical Psychology* 68(2):241-249.

Contributing to Newsletter!



Do you have something to share with the Tobacco free military community? An article, brochure, creative approach, presentation, quitting tips, strategies, websites and/or ...? Please send to Mark Long at longm@nehc.med.navy.mil To subscribe or unsubscribe to Quit to Win please contact Patrice Wiggan at wigganp@nehc.med.navy.mil